

The Spiritual Restroom

EDRIS KIBALAMA

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“Your writing is both inspirational and
motivating...”

Halima Sarki

Abuja Nigeria

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Introduction

In The Name of Allah, The Entirely
Merciful The Especially Merciful

This is a book about The Spiritual
Restroom (Original quotes/
statements)- by the will of Allah.

Text(Matn)

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. The Spiritual restroom

There is a place you must frequent
multiple times a day, but at least
once to keep spiritual fluidity; This
place is called the spiritual restroom.

Just like a physical restroom, you must purify yourself regularly, of spiritual filth; anger, hatred, hasad/ jealousy, lack of forgiveness, laziness, indifference, lack of mercy etc. Just like physical restraint from the restroom leads to compromise of your well-being/ 'afiyah, in general, likewise, lack of regular spiritual cleansing causes multiple blockages in your spiritual channels, thus causing one to not be correctly

connected to His Rabb/ Creator/ Allah Subhaana wa ta 'aala, and the Creation around Him. This causes incongruity in all of one's relationships(Divine or terrestrial), leading ultimately to permanent spiritual sickness, and ultimately; spiritual death.

May Allah guide us all Ameen

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His

Companions and all those that follow
him until the day of Judgement

ar

Bonus Chapter

Knowing Allah, Most High, free of all imperfections

His names and attributes are in the Quran and sunnah.

He is The King, The Everliving, Assamad, rose above His Throne in a manner that befits His Majesty, sees and hears from above The Seven Heavens. He is perfect and free from any deficiency, Nothing is like unto Him. He is The Most Wise, He is the best at putting everything in its proper place.

If you lose the link to your Creator, your life is meaningless.

The best slaves of Allah are those that worship Allah with all His Names.

Enumerating the names of Allah is knowing them and worshipping Him with them.

The best knowledge is the knowledge of Allah.

The one who knows Allah recognises other things. The one

who doesn't know Allah can't
recognise anything else.

The one who forgets Allah,
loses himself.

The knowledge of Allah is the
basis of every other knowledge

Knowledge of Allah allows a
slave to give the proper estimation
to Allah.

Prophet's du'a/ supplication: I
can not enumerate praising you, you
are as you praised Yourself

Knowledge of Allah leads to loving Allah, fearing Allah, and raja'-longing to meet Him.

Knowing Allah leads to a sweetness in the heart, and wanting to worship Him, and(wanting) to be close to Him and(wanting) to listen to His words(The Qur aan)

Maalik Ibn Dinar:

The people of this world left it without tasting the best of it;...knowledge of Allah the most High.

When the knowledge of Allah is strengthened, the eagerness to be close to Him(also) strengthens.

Ibn Mas'ud:

The believer will not have any rest except(with Allah), by being closer to Him, and remembering Allah.

Chapter 13 verse 28

By the dhikr/ remembrance of

Allah(do) hearts find rest

The Prophets were given choice
to increase their life on Earth, or to
return back to Allah, they chose to
return back to Allah.

Bukhaari: Chapter; The one who
wants to meet Allah, Allah will love
to meet him.

Prophet(Muhammad Peace be upon him) said at his death bed:

Allahumma Rafiqul A'laa
Oh Allah, to The Highest
Companionship.

These words were the last words the Prophet(peace be upon him) spoke. He meant, to Allah Himself(Rafiqul A'laa)

Bonus Chapter

Spiritual Levitation 1: The Other side of Abstemiousness

1. Face your fears, and pray to Allah always
2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/ continually
3. If you choose a life of worshipping Allah in all that you do in your life,

then(by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.

6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything

8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.

9. The more you practice
Zuhd(Orthodox Islamic
Abstemiousness), the more your
heart lets go of the world. Then the
more the world clings on to
you(metaphorically speaking)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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portfolio section outlining my achievements thus far.

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A website on Home Educational Software for children with an Islamised and Ethical curriculum

3.

[www.intelligentmindsconsultancy.co
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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse 27(The break of day or The Dawn)
2. Lawwaamah- Chapter 75 Surah Qiyaamah(The Resurrection) Verse 2

3. Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure

that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this
Ameen

Bonus Chapter 2

‘Uboodiyyah: Beyond Temporary Friendship

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. If you don't let go to worldly love, you'll never know which relationship is meant to be permanent, and which was meant to be temporary; for the good of yourself.

Take the example of Prophet Ibrahim (upon him be peace and Salaam):

The important thing (wa Allahu A'laam/ and Allah knows best) is that

Allah wanted Ibrahim('aleihimussalaatu wa salaam/ upon him be peace and Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who would part from the dunia/worldly life from their hearts(wa Allahu A'laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

Spiritual Levitation 2: The Other Side of Abstemiousness/ Zuhd

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. Never let go of your(correct) religious principles
2. The enemies surrounding you(i.e. Shaitan/ satan and dunia/ the seeming glitter of the world) (and within you, (i.e. your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant(i.e. by supplicating to Allah always), be informed(i.e. seek

knowledge) and be ready(for the ongoing spiritual battle/ warfare) and on guard(by beseeching Allah's assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter in your life to begin

4. Whatever is with Allah(by His protection)/ Everything that is with Allah(by His protection) is never lost

5. It is at that breaking point, when you literally(and metaphorically) feel that you are fast-approaching rock bottom(or anguish is about to set in); that is the time to supplicate for all the good that you wish for.

Then wait for the miracles that shall follow(only by the will of Allah)

6. Always ask for Allah's bounties/ favours upon you(, whether you hear the cockerel crow or not)

Bonus Chapter 4

Introduction to Pre-destiny: The Sea Without a Shore

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al 'Ilm(knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen(in the future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

'Aml(Action/ Deeds)

That Allah created/ creates
everything, including our actions.